



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Keller, Malte

Club: Hannover
Number: 724

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:52:27

Speed: 10.67 km/h
Running performance: 5:25 min/km

Rank in course/Total: 56 (of 93)

Rank in course/Men: 49 (of 81)

Best time in course: 1:13:11

Rank in category: 10(of 13)

Best time in the category: 1:13:11

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	17:45	5:22	10	5:28	47	5:28	3.30	17:45	5:22	10	5:28	14	
Lap 2	1.70	9:33	5:37	9	2:53	41	2:53	5.00	27:18	5:27	10	8:21	14	
Lap 3	2.10	10:05	4:48	10	3:41	59	3:41	7.10	37:23	5:15	10	12:02	14	
Lap 4	4.95	29:01	5:51	10	9:43	48	9:43	12.05	1:06:24	5:30	10	21:45	14	
Lap 5	3.65	20:08	5:30	10	7:29	54	7:29	15.70	1:26:32	5:30	10	29:14	14	
Lap 6	1.40	7:20	5:14	12	2:48	61	2:48	17.10	1:33:52	5:29	10	32:02	14	
Last lap Finish	3.70	18:35	5:01	12	7:14	64	7:14	20.80	1:52:27	5:24	10	39:16	49	39:16